

### Abstract

A method for preparing a beverage or a liquid foodstuff from a capsule containing a product with a substance to be extracted, the capsule having a flexible membrane (17) capable of deforming elastically or permanently to a considerable extent, comprising the steps of perforating a plurality of holes (26) distributed over the flexible membrane and of injecting water onto the flexible membrane, in such a manner that it deforms in the direction of the product inside the capsule and in that the water penetrates into the capsule via said holes. The size of the holes perforated by the perforating spikes is controlled by the level to which the capsule is filled or by the compactness of the product inside the capsule, so as to influence the hydraulic pressure differential  $\Delta P$  between the two sides (17a, 17b) of the flexible membrane, in such a manner as to achieve an automatic adjustment of the compression of the product contained in the capsule.

(Fig. 1)